



Dinacharya (daily timetable)
for
Pacify Kapha Dosha

- Kale (Cabbage variety)
- Cabbage
- Collard Greens
- Dandelion Greens
- Brussels Sprouts
- Artichoke
- Turnips
- Kohlrabi
- Leafy Greens
- Broccoli
- Cauliflower
- Bell Peppers
- Celery
- Chilies
- Cilantro
- Green Beans
- Leeks
- Lettuce
- Mustard Greens
- Okra
- Peas
- Peppers (Sweet & Hot)
- Spaghetti Squash
- Bitter Melon
- Spinach
- Tomatoes (cooked)
- Wheat Grass
- Onions (Raw & Cooked)
- Burdock Root
- Asparagus
- Potatoes
- Beets & Beet Greens
- Radish & Radish Greens
- Horseradish
- Carrots & Carrot Greens
- Eggplant
- Raw Onion
- Apples
- Raw Sweet Fruits
- Berries
- Cherries
- Dry Figs
- Pomegranate
- Oats
- Barley
- Corn
- Buckwheat
- Old Rice (1-3 years)
- Quinoa
- Amaranth
- Couscous
- Muesli
- Rye
- Spelt
- Finger Millet
- Foxtail Millet
- Little Millet
- Barnyard Millet
- Kodo Millet
- Proso Millet
- Beans
- Chickpeas
- Lentils (Masoor dal - Pink Lentil)
- Soy
- Moong (Most preferred)
- Yellow Split Pigeon Peas
- Kidney Beans
- Urad Dal (Rarely and in small quantity, cooked with warm spices)
- Mustard Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sesame Oil
- Mustard Oil
- Almond Oil
- Castor Oil
- Olive Oil
- Cumin
- Fenugreek (Methi)
- Paprika
- Chili
- Ginger
- Turmeric
- Garlic
- Nutmeg
- Clove
- Cinnamon
- Black Pepper
- Black Cardamom
- Dry Ginger Powder
- Asafetida
- Bay Leaf
- Star Anise
- Fennel
- Ajwain
- Green Cardamom
- Rosemary
- Thyme
- Coriander
- Mint
- Kalonji
- Saffron
- Coffee
- Black Tea
- Green Tea
- Lemon Ginger Juice
- Honey
- Jaggery
- Spicy Puffed Rice (Murmura)
- Roasted Bengal Gram
- Fermented Rice Kanji
- Amazake (Fermented Rice Drink)
- Rasam
- Pure Cow Ghee



can eat in the form of Bhaji/Pallya /Soup/Juice/Boiled/Salad/Payasa/Roti /Chapati etc

Apathya ((Bad)) in Foods for Kappa Dosha

- Cold and carbonates freeze beverages
- Nuts and Avocados
- Freeze Dairy products like cold milk or cold yogurt
- Sweeteners like sugar, jaggery and maple syrup
- Meat, especially red meat
- Eggs should be avoided too.
- Wheat and yeasted bread
- Too much salt
- Sweet vegetables like sweet potato
- Sweet juicy fruits like oranges and mango
- Curd in any form
- Shrikand (type of sweet dish)
- Tofu
- Black-gram
- All nuts
- Potatoes
- Banana
- Watermelon
- Dates
- Curd rice (cold or normal)



Wake up at 5 am	<p>Have 200ml luke warm plain water without adding anything</p> <p>Empty bowel, face wash</p> <p>Sit in a silent clean room</p> <p>Start pranayama as mentioned for 20-30 minutes</p> <p>Start meditation for 20-30 minutes</p> <p>Followed by If you are hungry than you can take anyone item liquid in nature which are mentioned in kapha pathya food list as mild breakfast</p>
7.30 am - 8 am	Apply mustard or sesame oil over body and sit under sun for at least 20 minutes
8 am-8.20 am	Have a bath with warm water in rainy and winter season, in summer season have to take bath with room temperature water
8.20 am-8.30 am	Chant some god or goddess names according to your religion it helps to pacify tridoshas
8.30 am-9 am	Have a food with any from kapha pathya foods as mentioned in main list according to your convenient
12 pm	Drink water up to one liter slowly and frequently
2.30 pm	<p>Have lunch</p> <p>From above any kapha pathya foods as mentioned according to your convenient</p>
7 pm- 8 pm	<p>Have dinner</p> <p>From above any kapha pathya foods as mentioned according to your convenient</p> <p>10pm go to bed</p>

Good Activities for Kappa Person

- Regular exercise like brisk walking, jogging, dancing, or yoga to stimulate circulation and prevent stagnation
- Choose activities that are invigorating and promote sweating
- Avoid excessive sleeping or napping during the day.
- avoiding heavy meals
- staying warm
- engaging in stimulating activities, and generally promoting lightness and movement to counter the heavy, sluggish nature of Kapha dosha;
- Practice Abhyanga (self-massage) with warm oil, especially in the morning
- Stay in warm environments and avoid cold, damp conditions
- Expose yourself to sunlight, especially in the morning
- Wear light, loose clothing.



Ritucharya (Seasonal Regimen for Kappa Dosha)

Vasanta (mid-March to mid-May)

As nature begins to stir back into life, we transition into the Dakshinayana, or the warmer months. Vasanta Ritu lasts from mid-March to mid-May, and earth and air energies combine to make this time a lively transitional period. Kapha energies start to disperse, which douses your agni and can cause a lot of discomforts.

Best panchakarma treatment for Kapha dosha : Vamana,Nasya,Abhyanga etc duration of this treatment is 15 days ,you have to stay in nearest Ayurveda hospital to complete this procedure cost of this treatment may vary from 20000rs -1 lakh as per facilities provided by respective center,keep in mind after completion of panchakarma treatment person should follow healthy food style life style to maintain best health.

General Instructions

- Early morning after you wake up don't drink water more than 300 ml , excess water makes distended abdomen & gastric issue
- In rainy and winter season water should be Luke warm
- In summer season water should be at room temperature
- Don't add lemon juice honey and any other things to Luke warm water it may cause acidity and vayu disturbance
- Hourly 150 to 200 ml water is enough throughout the day you may Increase in summer season or if you are doing outdoor hard work
- Never drink water one and half hour before food and one and half hour after food in heavy quantity if necessary, take only 100ml, In Between food take water sip by sip only.
- While eating chapati, Maida Non veg or any other heavy to digest items better to have Luke warm water sip by sip during consumption.

Special instruction regarding usage of internet to seek medical help

Never try to check your health problems by searching in google or something else That will be general information not for personal usage , each sign and symptoms on internet link to cancer, kidney failure, heart attack or many other deadly disease which will be not true , personal consultation with your doctor is best way to follow , searching and gathering information on your own may increase heart beat rate, sweating ,breathlessness, bloating in stomach, anxiety ,panic disorders , fear, sleeplessness, nervous disorders, repeating same mistake you end up with chronic mental disorders for long duration it may take many months to fade away from your memory, because 20 diseases may have same signs and symptoms only experts can guide you.

MONEY BACK GURANTEE --- IF YOU FOLLOW ABOVE ALL THINGS STRICTLY FOR 45 DAYS VATA PITTA KAPHA DOSHA COME TO BALANCE AUTOMATICALLY YOU START TO FEEL VERY COMFORT & HAPPY PHYSICALLY, MENTALLY & SPIRITUALLY ,THIS IS ONLY FOR THOSE WHO HAVE MANY HEALTH PROBLEMS BUT ALL DIAGNOSTIC REPORTS ARE NORMAL,AFTER FOLLOWING STRICTLY ABOVE MENTIONED FOOD STYLE & LIFE STYLE & SEASONAL REGIME STILL YOU DIDN'T EXPERIENCE ANY GOOD THINGS YOU CAN CLAIM YOUR MONEY BACK.

Thank You